

Open Minds Open Spaces

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Speaker Spotlight:



Parker Sczepanik

Tuesday

October 13th

10am-12pm

2 Hours of Set 1 HSN

Credit

Session Topic: Mental Health 101

This workshop for educators, providers, parents, and community members covers data, facts and research around suicide that guides the work of talking about mental health and the importance of mental wellness. We define mental health terminology, raise awareness around suicide, discuss protective and risk factors, as well as identify YouthLine as a resource for the youth and young adults in your communities. Presented by Parker Sczepanik, Assistant Director of YouthLine Outreach and Education, Lines for Life.

